

FREE WEBINAR! Self Care

Tue, Dec 10, 2019 12:00pm - 1:00pm | US/Eastern

Location: Webinar Online by application only

Category: ECAC Parent Training (PTI)

Description



Join us for this FREE webinar!

***In our busy lives of caring for others -
we often forget about ourselves.***

Join us for the webinar that focuses on YOU!

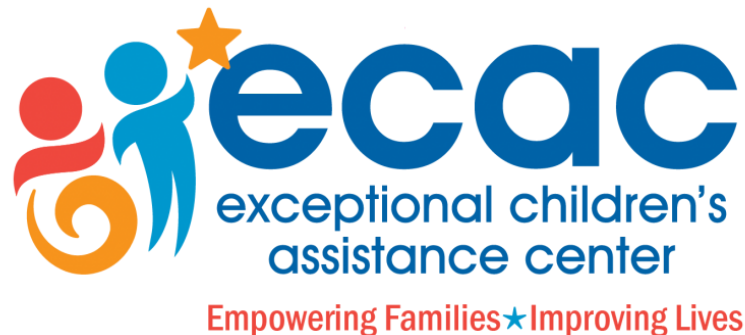
Learn easy strategies like gratitude and mindfulness that help you stay strong.

**Tuesday, December 10, 2019
12:00 pm - 1:00 pm**

Presented by Laura Weber, ECAC Executive Director

Please Register at:

https://zoom.us/webinar/register/WN_em9jTYFxRjSI_LAgAMyWMA



www.ecac-parentcenter.org

Contact: Toni Stephens, ECAC Administrative Assistant & Training Coordinator
Email: tstephens@ecacmail.org
Phone: 18009626817

More Info: https://zoom.us/webinar/register/WN_em9jTYFxRjSI_LAgAMyWMA

Location Details

Webinar Online by application only
Davidson NC

Location Phone: 704-892-1321 ext 326